

FOR EVERYONE'S SAFETY, PLEASE:

- Avoid making masks if you are sick or think you might be getting sick.
- Avoid making masks if you have been told you have a multi-drug resistant organism, or if you have any open or draining wounds.
- Keep all face mask materials away from household pets.
- Be sure the area in which you are working is clean (sanitize all surfaces with a disinfectant) before making masks.
- Be sure to perform hand hygiene before touching mask materials.
- If you are sharing the community masks you are making with others, masks should be washed before wear.

MATERIALS NEEDED:

- **½ yard of fabric**
- **2 strips of fabric:**
34" x ¾" if fabric doesn't ravel on edge
or
34" x 1 ½" if fabric does ravel on edge
or
34" long bias tape

TOOLS NEEDED:

- Sewing machine
- Scissors
- Pins
- Ruler
- Thread



CUTTING THE FABRIC:

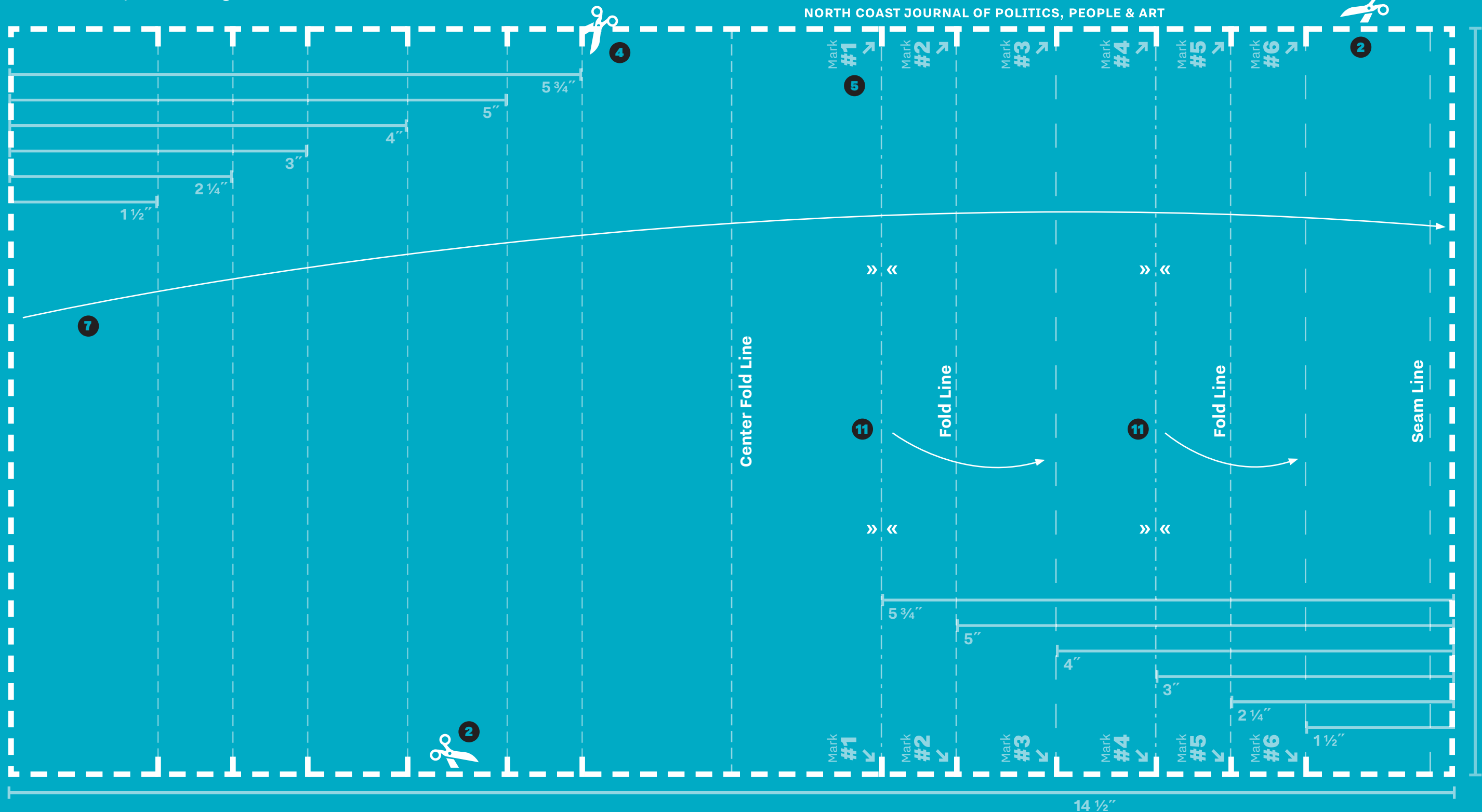
1. Wash your hands.
2. Cut out template along bold, dashed line.
3. Using the template as a guide, use a rotary cutter or scissors to cut one piece of fabric to a rectangular size of **14 ½" x 7 ½"**. This piece will become the body of the mask.

MARKING THE FABRIC:

4. On each long side of the face body, make **12** small (less than ¼") cuts with scissors at the measurement intervals indicated by the template. These cuts are perpendicular to the mask edge and will be used to ensure proper folding and pleating.
5. Starting at the center fold line of the mask body and going down, label or note the six scissor cuts as **#1, #2, #3, #4, #5** and **#6**.

NCCJ DIY COMMUNITY FACE MASK TEMPLATE

NORTH COAST JOURNAL OF POLITICS, PEOPLE & ART



MASK ASSEMBLY:

6. Wash your hands.
7. Fold face mask fabric piece in half at center line and align edges to match on each side.
8. Stitch ¼" seam on non-folded, non-marked side.
9. Turn mask piece inside out so that the seam is inside, and hand press seam to flatten.
10. Place seamed edge on bottom, toward you.
11. **Create folds:**
 - a) Placing your thumb and index finger on the top fabric surface, and on either side of the line formed by marks **#1**, gather and pinch both fabric layers to create pleat and hand crease across.
 - b) While continuing to hold the fabric together, fold this layer on the line of mark **#2**, and then place the edge on the line of mark **#3**.
 - c) Hand press flat to ensure straight and pin in place.
 - d) Repeat steps a-c for second pleat (marks **#4-6**).
 - e) Along each short side, stitch pleats in place using a ¼" seam, remove pins.
12. **Create straps:**
 - a) Take one strap piece and align the center of strap with the center of the short side of the mask body.
 - b) Wrap strap piece front to back to equally cover mask raw edge (pleated side). If using fabric that ravels, turn over edge or use bias tape for finished look and longevity.
 - c) Stitch in place, lengthwise along the body of the mask (may stitch full strap length if using self turned casing or bias tape).
 - d) Repeat Steps a-c for second strap.
13. Trim all threads.

This community face mask template is sponsored by:



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+ UPWARD TRAJECTORY
HUMBOLDT COUNTY'S RESPONSE TO THE 1918-1919 FLU AND WHAT IT TEACHES US A CENTURY LATER
THE 200TH VICTIM FIRES AND MASKS

AS HUMBOLDT'S NUMBERS SPIKE, OFFICIALS TAKE STRONGER ACTION
p. 6
p. 8
PUTTING COMMUNITY FIRST TO SAVE LIVES
p. 10

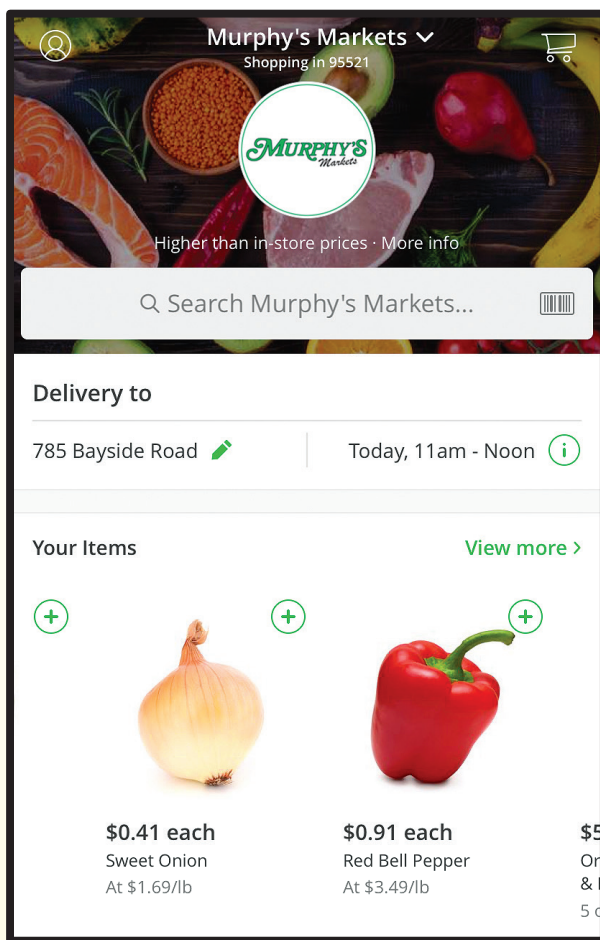
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Thursday, April 2, 2020
Vol. XXXI Issue 14
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See back side of newspaper for steps #1-5.



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Southern Humboldt resident Mikal Jakubal, who founded the North Coast Mask Brigade, has been urging local residents to don masks whenever out in public to prevent the spread of COVID-19. From @MikalJakubal on Twitter.

On the Cover

Graphic by Jonathan Webster.

Adapted from instructions by Sue Giboney of Providence St. Joseph Health.

Go to www.providence.org/lp/100m-masks for more detailed instructions plus a video tutorial.

NCJ

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Dear Readers:

By Judy Hodgson
judy@northcoastjournal.com

At 7:30 a.m. last Tuesday I was waiting my turn behind a strip of tape on the sidewalk outside the North Coast Co-op in Arcata. I hope you are following the rules, like me — in my case, shopping senior-only hours. I spotted store clerk Larry Crabb clicking a plastic hand counter at the door, letting in one customer at a time only after another had exited, keeping the number of shoppers inside at a steady 35. I tried not to overbuy that day (read: hoard). I felt some guilt as I threw an extra box of dried pasta into my cart.

We're four months into this horrific, still-unfolding health and economic crisis, the likes of which our country has never experienced. Some say it's the Spanish flu, which wasn't Spanish at all, rolled into 9/11 with a major 2008-like recession staring right at us. Hard to wrap your mind around.

It's been not yet a month since the full force of reality hit here on the North Coast. Those who were able began working from home. We downloaded lesson plans and started home-schooling our younger children and fetched the older ones home from college. High school proms and graduations, canceled. All sports, live music and neighborhood pot-lucks came to a halt. Life forever changed.

Yet I wake up every day grateful and amazed. The food supply chain is working. We have clean air and water, and most of us are sleeping inside, keeping warm on these chilly spring days and nights. We have a small enough population that we can get outside and walk while avoiding close contact with others.

I am grateful for Larry Crabb showing up for work. It turns out grocery and hardware store clerks have become front-line, essential workers, taking risks to keep supplies moving, being out and around so many people not-their-family, while the rest of us hunker down at home. Restaurant workers who show up to prepare food to-go, thank you. (Meatloaf at the Fieldbrook Market Friday was awesome.) The feed store guy who loaded my car with chicken feed. I'm grateful for him.

The pharmacy clerk.

And every person remotely related to the medical community — from EMTs on ambulances to nurses and physicians to the janitors who clean. I am in awe of you. How dependent we are upon them. Watching reports from New York hospitals and emergency rooms is more frightening than a horror movie, and we can only hope we see nothing like that here.

The *Journal* was planning a big 30th anniversary blow-out party this July but that, too, is on hold. So I'd like to take this space and opportunity now to thank each and every one of our readers, many of whom have been with us since day 1 in 1990.

Readers are why we have the privilege of being able to help so many individuals and businesses with their advertising and marketing. Because of our loyal readers, we sell those eyeballs, and the revenue from advertisers pays our reporters, graphic artists and the commercial printer and his crew out on the Samoa peninsula. Last time we checked, half of Humboldt County reads this weekly newspaper in print and we have made great strides building our online readership, as well. We are forever grateful to our advertisers. They have allowed us for three decades to serve this community, employing creative people who produce quality, award-winning journalism.

Make no mistake: We will all be hurt by this crisis. There will be smaller losses, like not seeing your senior walk at high school graduation, not being able to visit extended family or have friends for dinner for who knows how long. Unfortunately there will larger, almost unthinkable losses, like having a loved one die without you at their bedside.

There will be profound economic losses as well, including all those workers joining the unemployment line. Amazingly, some of our advertisers are in fact doing OK. In almost every store selling essentials, sales are up and some are even hiring. But so many other *Journal* advertisers — restaurants, hotels and the all-important tourism industry, car dealers, small shop owners,

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A social-distancing line outside the North Coast Co-op.
Photo by Judy Hodgson

the local dance studios — all have suffered an immediate and devastating drop in business in March. Many are closed. Some will not be able to make it through the recession — to reopen, recover and rebuild. (This is a good place to shout out to the Small Businesses Development Center, www.northcoastsbdc.com, 445-9720. If your business hasn't contacted them yet for guidance, don't delay.)

The *Journal*, so critically dependent on local independent businesses, is far from immune. We are trying to quickly assess our own drop-off in business. Like so many others, we had to immediately lay off a number of employees. Everyone else left on our staff of 18 is working greatly reduced hours. We immediately cut in half the number of pages in our print newspaper, always a big expense item, and we reduced the number of newsstands to only essential service locations that you visit already to be safe. (Our drivers wear gloves to handle the papers.) We also reached out to some of our competitors to explore opportunities of cooperation and collaboration to keep the news flowing. (If you have ideas, please contact me.)

Finally, we are launching a voluntary member/subscription program so you, our readers, can help support local print journalism in a direct way. It starts at a grassroots level of \$5 a month, but if you can afford \$15 a month or more, you will

receive mail delivery of the *Journal* every Thursday and our eternal thanks. (If you prefer to pick up the paper on Wednesdays at your local grocery store, donate your subscription back and we'll send it to a homebound senior.) To sign up, go to our website at www.ncjshop.com.

Will this be enough? We don't know, but we have hope. We're working on the next print edition now. We want to be around when those restaurants, bars and dance studios reopen to celebrate with you.

In the meantime, take good care of yourself and your immediate family. Read books you've been meaning to read, do puzzles, take long walks or just sit quietly on the porch. Baking bread is therapy for me. Teach your children to look for peace and joy in every day. It's how our grandparents lived their lives and survived. If you're young enough, symptom-free and work in an essential job, show up but stay safe. We thank you. Volunteer if you can. If you are a senior who has been ordered to stay home, please do and take the time to reach out and visit with others via Facetime, Skype or by phone. Let them know they are not alone. We are all in this together. ●

Judy Hodgson is the Journal's co-owner and publisher, and prefers she/her pronouns.



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April 2020

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EMERGENCY PERMIT: On January 30, 2020 Environmental Tech. Inc. requested an Emergency Permit from the California Department of Toxic Substances Control (DTSC) for onsite treatment of expired chemicals at 300 S. Bay Depot Road, Fields Landing, California 95537. The items to be treated consist of the following: 10 liters of Tetrahydrofuran, 1 liter of Styrene, 1 quart of Butyl Acrylate, 20 liters + 1 quart of Trimethylpropane Triacrylate, 2 quarts of Monoacrylate, 1 quart of Methyl Methacrylate, 1 quart of Methacrylic Acid, 3 quarts of Acrylic Ester, and 10 liters of Nitrocellulose.

The Clean Harbors Environmental Services company has been contracted to conduct this treatment. The chemicals are potentially reactive and unsafe for transport in their present state. The treatment involves the addition of liquid solution to the containers to stabilize the chemicals. Once the chemicals are treated, they will be transported offsite for proper disposal. DTSC has determined that the chemicals pose an imminent and substantial endangerment to human health and the environment if not properly managed. Therefore, an emergency permit should be issued. This Emergency Permit is effective from February 4, 2020 through April 4, 2020. The Emergency Permit includes measures to minimize any adverse impact to the community and the environment.

CALIFORNIA ENVIRONMENTAL QUALITY ACT (CEQA): DTSC has determined that the issuance of this permit is exempt from the requirements of CEQA and has filed a Notice of Exemption (NOE) with the State Clearinghouse. The Emergency Permit is available for review at the following location:

DTSC Cal Center Office
8800 Cal Center Drive
Sacramento, California 95826
(916) 255-3758, call for an appointment

CONTACT INFORMATION: If you have any questions or concerns, please contact:

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Project Manager
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Russ Edmondson
Public Information Officer
(916) 323-3372
Russ.Edmondson@dtsc.ca.gov

Tim Chauvel
Public Participation Specialist
(714) 484-5487
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NOTICE TO HEARING IMPAIRED: TTY users may use the California Relay Service @ 711 or 1-800-855-7100. You may also contact the Public Participation Specialist listed at the end of this update.



Upward Trajectory

As Humboldt's numbers spike, officials take stronger action

By North Coast Journal Staff

newsroom@northcoastjournal.com

In a flurry of activity over the late afternoon and evening hours of March 30, Humboldt County officials announced that the local spread of COVID-19 was growing more serious, with two community transmission cases, and took more drastic actions to contain the virus.

Humboldt County Sheriff William Honsal declared a local emergency, putting his Office of Emergency Services in charge of directing a countywide, multi-agency response to the pandemic and paving the way for state and federal disaster reimbursements. Public Health Officer Teresa Frankovich, meanwhile, announced that she was broadening the shelter-in-place order she'd instituted 10 days earlier — a time span that saw the county's case count spike from two to 21. The day after Frankovich's announcement, the case tally jumped again to 27.

Here's a brief rundown of the latest developments as the *Journal* went to press March 31.

The Curve

Perhaps the biggest news to hit Humboldt County was word that public health investigators had been unable to find evidence that two patients had been in contact with any other people confirmed to have the virus or that they had traveled outside the local area, leading investigators to believe they contracted the disease from an unknown source within the community.

"We must all acknowledge the fact that while case counts are incredibly important for monitoring this pandemic, everyone must assume that COVID is circulating within their own city or town, and act accordingly," Frankovich said. "The measures we have been advocating remain critically important: staying at home unless you must go out for an essential need; staying at home when you're ill until you have been without fever for three days without use of [fever reducing medicine], have had improvement in your symptoms and have had at least seven days since the onset of your symptoms; wash your hands frequently and well; use hand sanitizer when

that isn't available; cover your coughs and sneezes; clean commonly used surfaces."

The county's caseload has risen sharply since March 20, when it announced its second positive case in someone who had recently returned from traveling in a "high-risk" country. (The first positive test was announced Feb. 20 in someone who'd just returned from China and has since recovered.)

On March 24, the county announced three additional cases, including positive tests from two members of a group that had recently returned from international travel. The following day, it announced five additional cases, all related to the same traveling group. Two more tests came March 26, followed by two more March 27, four on March 28, three on March 30 and six on March 31.

The Humboldt County Public Health Laboratory, which can turn around tests in less than 48 hours, twice as fast as corporate labs used by local healthcare providers, reported March 31 having a capacity on hand to conduct another 750 tests. Frankovich said Public Health is working diligently through all channels to get additional testing supplies, which could allow for more widespread testing. But in the meantime, she said the department continues to prioritize those who are gravely ill, both symptomatic and especially vulnerable due to underlying health conditions or at risk of spreading the virus widely, like healthcare workers or those in skilled nursing facilities. Mildly symptomatic people, she said, should self-quarantine and monitor their symptoms, contacting a healthcare provider or Public Health if they grow worse.

Local Emergency

Honsal explained that the declaration of a local emergency is not just a response to spiking case numbers but to overall conditions in the county, including the devastating impact the pandemic is having on the local economy, and an effort to leverage aid from state and federal agencies.

"[T]he imminent threat posed by aforesaid conditions warrant and necessitate the proclamation of a local emergency to

enable the County of Humboldt and other local government entities to adequately plan, prepare and preposition resources to be able to effectively respond to the threat posed by COVID-19 and to warn Humboldt County residents and visitors of the threat posed by COVID-19 and enable them sufficient time to plan and prepare," he said in a release.

The local emergency declaration is for seven days but can be extended by the board of supervisors. Honsal's announcement came a little less than three weeks after Frankovich declared a public health emergency and 11 days since the shelter-in-place order for the county, which will now be in effect indefinitely.

Modified Order

The new shelter-in-place order Frankovich issued March 30 includes another wave of closures and restrictions, including limits on hotel rooms and short-term rentals, as well as golf course closures and a ban on playing team sports in any setting. The initial order allowed essential businesses — including healthcare providers, gas stations and stores that sell groceries, pet food, hardware and medications — to remain open, but shuttered anything deemed a non-essential operation. (It does allow business to operate if employees are telecommuting from home.)

Residents were bluntly told to stay home for all but essential needs such as running to the store or exercising while practicing social distancing practices, meaning to stay 6-feet away from others. The new order imposes additional restrictions, prohibiting hiking on trails that don't allow for 6 feet of separation or other outdoor activities that put people within the recommended spacing. And no more self-serve options at any establishment providing food, such as salad bars or bakery goods, that can't be washed by the consumer before consuming. (The order does still allow restaurants to operate for take-out or drive-through customers.)

The order also bans hotels, motels, campgrounds, vacation rentals and other temporary residences from renting to non-county residents except under certain circumstances, including travel for essential services.

Most of the other requirements remain the same as an earlier order, such as a ban on public or private gatherings and the allowance of essential business to remain open.

To date, Honsal and local police chiefs have said they will take an educational approach to enforcing the order and the county set up a COVID compliance tip line (441-3022) where residents can report individuals or businesses they believe to be

in violation. But the sheriff has also maintained he's also willing to wield a heavier hand should he feel people or entities are in willful violation.

Economic Fallout

The economic impact of the COVID-19 shelter-in-place order has been swift and severe. By March 27, the latest date for which data was available before the *Journal* went to press, the county had seen 1,014 jobs lost from 335 businesses, which reported a combined loss of \$4.4 million in revenue, according to survey results released by the county's Emergency Operations Center.

The mass layoffs have had reverberating effects as the state Employment Development Department announced that for the week ending March 21, it had received more than 186,000 new unemployment claims. For context, that's more than 70,000 more claims than the prior weekly record, which came in the height of the Great Recession.

The economic uncertainty caused several local cities to pass moratoriums on evictions, and Honsal announced his office will not enforce eviction orders for the time being.

Meanwhile, businesses and individuals are scrambling to figure out how to access a rash of potential assistance funds, including a \$1 billion bill passed by the state Legislature to be spent by Gov. Gavin Newsom as he sees fit to prevent COVID-19 spread and aid recovery, and a \$2 trillion federal stimulus bill that is reported to include increased unemployment benefits and one-time payouts to individuals.

The Push for PPE

But as much as Humboldt County has seen a spike in positive test results and taken some dramatic steps aimed at reducing the virus' spread, Honsal stressed March 30 that we are in the "calm before the storm."

Local officials are scrambling to make sure healthcare providers, social workers and an array of first responders have the personal protection equipment necessary to protect them from potentially deadly exposure to the virus.

Last week, the Humboldt County Office of Emergency Services distributed 30,000 pieces of the protective equipment, known as PPE, to 27 local agencies, including healthcare facilities and first responders. But the press continues, as nobody knows exactly what they will need when Humboldt County's infection rates reach their peak and running out of the masks, gloves, protective eyewear and sanitation equipment could have disastrous consequences on healthcare workers and the local system's ability to operate at maximum

capacity and weather the storm.

"PPE is an issue, especially if the supply chain doesn't respond better in the very near future," Open Door Community Health Centers CEO Tory Star wrote in an email to the *Journal*, adding his organization is in "daily contact" with local, state and federal authorities on the topic. "The situation is still deeply concerning to us, as if we don't have the proper supplies, we will have to curtail services in order to protect our staff."

Throughout Humboldt County, agencies from hospitals to police departments are working to both stockpile and ration supplies in a careful dance to prepare for the unknown.

Star said Open Door, which operates a dozen community health centers across the North Coast, has centralized its PPE inventory management system to better keep tabs on supply levels. Open Door has also concentrated clinical services — pushing a majority of appointments to telephone or video visits — partly in an effort to limit the consumption of supplies.

The items most in-demand locally, as well as across the state and nation, are N95 masks, respiratory protective devices that are designed to fit very closely to the face and filter out airborne particles. According to the food and drug administration, when properly fitted, they block at least 95 percent of very small test particles. This, coupled with the fact that studies have found the degree of exposure to COVID-19 to be a factor in the severity of illness, is why they are in such acute demand. But officials are also scrambling to secure stockpiles of surgical masks — looser-fitting, disposable cloth masks — as well as rubber gloves and sterilization supplies.

Mad River Community Hospital has instituted a tight management system for PPE, limiting them to essential uses, according to Disaster Preparedness Coordinator Jacqueline Martin. She said the hospital is also looking to set up a telehealth system and reschedule appointments to save its supply, especially of the N95 masks.

But the hospital, with the help of community generosity, has also gotten creative to meet the uncertain need. Unable to restock the headbands necessary to hold protective face shields in place, it enlisted the help of some local 3D printers, who rose to the challenge and helped replenish the hospital's supply in a matter of days. Similarly, a licensed clinical social worker started a local Facebook group coordinating an effort to make homemade PPE masks. While they aren't nearly as effective as the N95 masks, Mad River said in a press release that it has been able to use the homemade masks to "extend the life" of its N95 supply.

St. Joseph Health System spokesperson Christian Hill said both St. Joseph and Redwood Memorial hospitals received added supplies of N95 masks, face shields and goggles last week. Additionally, he said the entirety of the St. Joseph Health System — which now operates in seven states — is working to balance supplies and shift products to areas of greatest need, and to ensure all facilities have what they need when they need it.

"We know that in order to care for our

patients, we must ensure the health and safety of providers and all of our caregivers," he said, adding that St. Joseph is working directly with manufacturers, as well as all levels of government, to build up PPE supplies.

But it's not just healthcare providers in need of PPE. At the virtual town hall, officials said EMTs, firefighters, police officers and social workers will all need to be outfitted in order to safely navigate the encounters that surely loom in the near

future.

"I don't think we're prepared enough so we'll be making more requests," Honsal said.

Frankovich jumped in.

"Obviously, we want to be in a position where the moment that we are short we are not asking," she said. ●

Journal staffers Iridian Casarez, Kimberly Wear and Thadeus Greenon contributed to this report.

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This photo of the Armistice Day march from Rio Dell to Scotia shows the extent to which the countywide face mask ordinance was ignored by some. *Author's Collection*

The 200th Victim

Humboldt
County's
response to the
1918-1919 and
what it teaches us
a century later

By **Jerry Rohde**

newsroom@northcoastjournal.com

In 1918 my dad, part of the U. S. Army's First Division, was on a troop ship bound for France. The soldiers on board slept in bunk beds. My dad had a lower bunk, and each morning he would kick the bunk above him to wake up the soldier sleeping there. One morning he kicked — and almost broke his foot. His friend had died in the night from the raging influenza epidemic and his body was hard as a rock.

The illness swept through the ship. My dad was detailed to take the victims' soiled bedding to the ship's laundry. He couldn't get any closer to the illness than that so he took another soldier's advice and started chewing tobacco to stifle the contagion. My dad never chewed tobacco again but, 40 years later, he still credited it with saving his life.

Other soldiers were not as fortunate. On Aug. 25, "somewhere in France," Clyde Hemphill, a soldier from Blue Lake, died from the influenza. He was the first person from Humboldt County to be claimed by what had become a pandemic.

The first, relatively mild, wave of the illness came in the spring of 1918. By August, the second wave had hit and it was much

more lethal. Some sources believe that the Army's Camp Devens, in Massachusetts, was a starting point for the new attack. It soon became clear that soldiers were among the hardest hit.

In June of 1918, Joseph McCarthy left his family in Eureka, traveling to a training facility for the Army's radio corps. McCarthy first went to Corvallis, Oregon, then to Fort Leavenworth, Kansas, and finally to Camp Meade, in Maryland. There the influenza caught up with him and he died on Oct. 10.

Shedrick O'Hara, a butcher from Eureka, was claimed by the illness more quickly. On Oct. 14, he left Eureka for Army mechanics' training in Spokane, Washington. O'Hara contracted the flu while on the train to Spokane. Once there, he was carried by stretcher to the Fort George Wright Army Hospital, where he died. While alive, O'Hara had never worn his Army uniform but his body was dressed in it for the trip home.

By then the pandemic had come to Humboldt County. The first four cases were reported on Oct. 12. The victims were taken to a "safe house" in Eureka where they would receive care while under quarantine. Despite this precaution, the influenza vector was already at large. By Oct.

14 there were 19 cases in Eureka. Twelve days later, the total was estimated at 500. By mid-November there were 1,282 cases, with 45 deaths. The city's population then was about 13,000, meaning 10 percent of its residents had contracted the flu.

In late October, individual Humboldt County communities took action against the growing epidemic, ordering lodges, churches, schools, theaters and libraries to close. All public meetings were canceled. Towns began passing ordinances requiring the use of gauze masks when in public. On Nov. 6 the *Ferndale Enterprise* carried a banner headline announcing, "It is Unlawful for Any Person to Appear on the Streets of the Town of Ferndale without a Mask Covering Nose and Mouth."

The following day a countywide face mask ordinance went into effect. In at least one instance, it was almost totally ignored. When World War I ended on Nov. 11, citizens marched from Rio Dell to Scotia in a celebratory parade. A photo of the event shows a few participants wearing gauze masks but most are crowded close together, maskless, with some even holding hands. The concept of sheltering in place did not yet exist.

The pandemic had by then hit Scotia so heavily that the Pacific Lumber Co. turned the Scotia Men's Club into an emergency hospital. In a little more than two weeks, eight PL workers had died.

If some people were careless or disdainful of the safety rules, others displayed ingenuity and compassion in dealing with the epidemic. Cal Munther, the superintendent at the California Barrel Co. camp east of McKinleyville, instituted a quarantine system for his workers. If any of them went to town they were segregated in a special tent when they returned. They had to eat their meals separately and work alone to avoid the possibility of transmitting the virus to other workers.

In Fortuna, Mr. and Mrs. A. G. Campbell turned their home into an emergency hospital. Fortuna's Red Cross Auxiliary provided the Campbells with bedding, food and other necessities. When it became apparent that more healthcare workers were needed, Mrs. Foster at the Arcata Fraternal Hospital organized a group of 10 emergency nurses and sent them throughout the county. Before the epidemic was over, at least three Humboldt County nurses had died from the flu.

The Sisters of St. Joseph converted their convent into a temporary hospital but they knew more facilities were needed. They convinced the Eureka City Council to temporarily reopen the Northern California Hospital, which had recently closed. In 1920, the facility became St. Joseph Hospital after Eureka citizens urged the sisters to continue the healthcare work they had initiated during the epidemic.

Ferndale had taken strong steps to fight the flu, even fumigating stores and public places. At first these tactics seemed to work, since by Nov. 1 the town had only a few cases of influenza and no deaths. By the end of the year, with the epidemic diminishing throughout the county, it appeared that Ferndale had dodged the bullet. Like other places in the county, the city began to relax its restrictions.

It proved to be too early. New cases began to appear in Ferndale in January. The town had no hospital and two of its doctors became sick. Two homes were converted into emergency hospitals and a

Eureka physician came to Ferndale to treat patients. By the end of February, this late-wave epidemic had subsided. By then, 12 of the town's residents had died.

It's not certain how many Humboldt County residents were killed by the 1918-1919 influenza pandemic, but the names of 199 victims appeared on a list compiled in 2018. There may have been more but as far as we know there was never a 200th victim.

One-hundred-and-one years later, we may ask, Why not? What kept the county from having more deaths? It probably wasn't because thousands of residents started chewing tobacco, like my dad. Nor was it because Humboldt County had an exemplary knowledge of epidemiology. If anything, it was because countless individuals, caught in an apocalypse they hardly understood, acted with care and compassion for the members of their community. They wore their face masks and they understood the intent of these primitive objects, which was to lessen contact and contamination, so they avoided gathering in public. Healthcare workers risked their well-being and perhaps their lives by tending to the sick. Each town or city, in the absence of guidance from the federal government, did what it could to protect its citizens from a modern-day plague.

No solution was perfect. No action ended the epidemic. But the impulse to help others was always present, and there were always people willing to act on that impulse — to act, as best as they could, based on the knowledge they had, to avoid there being a 200th victim.

A century later, we can all do the same.

Editor's note: This story relies heavily on information from Matina Kilkenny's pieces in the Humboldt Historian and from Jeff Coomber's Barnum essay

Jerry Rohde is an ethnogeographer and historian who writes about Humboldt County and prefers he/him pronouns. His most recent book, Both Sides of the Bluff, is a history of the lower Eel and Table Bluff.



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Fires and Masks

By Jennifer Fumiko Cahill

jennifer@northcoastjournal.com

I used to love to visit the Fire Museum in Tokyo. There you could see the traditional irezumi tattoos of firefighters along with models of the tight rows of wooden houses that made up towns in Edo Japan. Woodblock prints and dioramas showed how the firefighters, roving bands of tough guys, would, instead of throwing water on a burning building, work like a demolition pit crew to tear down the structures on either side of the blaze and stop its spread. It was a marvel to me, a wild solution that could only work in a community that prioritized the group over the individual.

Not that I recommend the method. After all, Japan switched to firetrucks and hoses long ago. But it still moves me to think of the accepted sacrifice. Outside, in offices and schools, on the buses and subways, lots of people in Japan, like other Asian countries, wear *masuku*, surgical masks. I did, too. It's not a practice born of fear, but consideration, prioritizing the community over yourself. If you have a cold, you put on the *masuku* before leaving the house so you don't get anybody sick. It's the decent thing to do when packed together on a train, shopping narrow grocery store aisles or sitting side by side in a meeting. When my children sniffled, we sent them toddling off to school with little masks decorated with cartoon trains and Hello Kitty. We didn't want anyone to think our family selfish or inconsiderate, that we thought our comfort and convenience, or our vanity, was more important than everyone's health.

Wearing a mask to protect your fellow community members is a practice that, unlike Japan's 17th century firefighting, I often wish we'd adopt in America. Now seems like a good time.

The N-95 respirator masks that provide more effective protection from COVID-19 are in short supply. What we have needs to go to frontline workers in hospitals, not only because they're at higher risk, but because we'll need as many of them on their feet as this pandemic continues. Not hoarding them for your personal safety is a sacrifice for the greater good. Donations of 3-D printed face shields and the scores of crafty people sewing surgical masks for hospital staff are heartening, too. The

cloth masks aren't ideal but they are what protection can be offered from worried, hopeful folks with sewing machines and online patterns, and that's worth a great deal.

While standard surgical face masks and their homemade counterparts won't prevent you from contracting COVID-19 if exposed, they could help you avoid spreading it, keeping virus-laden droplets and aerosols from spewing into the air to be inhaled by others. They're a little uncomfortable to breathe and talk through. People may react defensively seeing them — after all, here wearing a mask is a means to avoid being infected, not to avoid infecting others. But if you can find or make a DIY fabric one to wear when you're out of your home, the inconvenience is a small sacrifice (certainly smaller than watching your house torn down). Act like you have the virus, goes the current wisdom, and try not to spread it.

We are going to need to put one another first to get through what's coming. Wearing DIY masks could be a practical part of that effort, along with staying home if at all possible and frequent, thorough handwashing. There's no solid evidence, no reason to believe we're on an easier path than other countries before us, like Italy, where makeshift morgues are at capacity with the dead. We are already seeing hospitals struggling to keep up with a crashing wave of COVID-19 patients in New York. I want to believe we're somewhat insulated in Humboldt but history has shown us remoteness means delay more than exemption. Over the weekend,



A tattooed firefighter in Edo Japan with his team's crest.
Shutterstock

the number of deaths from COVID-19 in the U.S. passed 2,500.

When the worst of it — the emergency, anyway — has passed, there will be grief and guilt. Look to countries just barely emerging from the pandemic and you'll see it. We can enter that aftermath knowing we did everything we could to protect one another or not. Did we stay home as much as we possibly could? Did we shield our most vulnerable? Did we bend the rules for convenience or pleasure? Did we place each other's safety above the comforting illusion of normalcy? Doing all we can is how we prepare for this emergency but also what comes next, when we will have to put our community and our home back together.

On one wall of the Fire Museum there was a light up map of Japan with buttons that you could press to show what burned over stretches of time. From the Edo Period to World War II, seemingly everything was on fire at one time or another. It was heartbreaking to stand in the glow of it. But then you turned around to look through the windows and out into the street, the rebuilt city full of people. I think about it all the time, especially as I watch the daily news about this pandemic. Even if everything burns, we can come back.

Jennifer Fumiko Cahill is the arts and features editor at the Journal and prefers she/her. Reach her at 442-1400, extension 320, or jennifer@northcoastjournal.com. Follow her on Twitter @JFumikoCahill.

Switching up the Recipe

Local distillers turn to making hand sanitizer

By Jennifer Fumiko Cahill

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Barbara and Michael Jewell are still selling Jewell Distillery's moonshine, vodka, gin and local blackberry liqueur out of their Blue Lake shop, but they've added a new item to their stock: hand sanitizer. As California residents shelter in place to slow the spread of COVID-19, "We wanna make sure you're internally and externally sanitized," says Michael over the phone.

"Obviously, we like everyone else heard there was a shortage of hand sanitizer and we considered making it, but we weren't allowed to do so," he continues. But when the Food and Drug Administration and the Alcohol and Tobacco Tax and Trade Bureau temporarily relaxed their restrictions on who can produce the sprays and gels two weeks ago in the face of a national COVID-19-driven shortage, the Jewells jumped on it.

They started by hunting down the ingredients, including glycerine, isopropyl and ethanol alcohols, and hydrogen peroxide. "Every day [they're] getting harder and harder to find," says Michael, as more people are making sanitizer. Barbara adds that sale-approved bottles (8-ounce and smaller, HDP or PET plastic) are growing scarce, too. But while they can, they're selling to their neighbors in Blue Lake who show up mostly on foot, wait 6 feet apart outside the shop and pick up bottles of spray, which goes further than gel, for \$1 per ounce.

Barbara uses the same spray to wipe down credit card signature screen after every purchase. "We feel safe so far," she says, adding that she tosses a bottle in with her home deliveries of gin and vodka, too.

The Jewells considered distributing outside Blue Lake but are holding off. "Now we're finding just locally the need is such that we need to supply our hood before we go out of the area," says Michael.

The World Health Organization recipe the Jewells and other distilleries, like Arcata's Alchemy Distillery, are following is the gold standard. It requires at least 160 proof alcohol, meaning spirits that are at least 80 percent alcohol. For comparison, the highest proof Everclear you can get in California is only 120 proof, or 60 percent.

After Googling the recipe, Amy Bohner, who co-owns Alchemy with her husband Steve, says, "I realized I could use some high-proof alcohol that we already had in stock." The first batch went out to their other business Alchemy Construction's employees, postal employees and other essential workers. Once the shelter-in-place order was announced for Humboldt County, the pair decided to halt production of their Cereal Killer rye whiskey and use their pot-bellied steampunk-looking copper still to make an 85-proof alcohol to be used in making sanitizer.

The next batch will take a couple of weeks, as the Bohners are working from scratch, fermenting grain and distilling it four times for four to five days at a time. "We have the one batch we're already sitting on and we get bottles next week," she says. As soon as it's labeled, it'll go to more essential workers. "We will only do this as long as we can afford to donate it," she says, adding that as a two-person operation in their indefinitely closed tasting room, they're doing their best to shelter in place and aren't prepared to sell to the public. (Amy tells the 20 or so folks who email her daily to head for Murphy's Market in Sunny Brae, where Bubbles is distributing its locally made sanitizer.)

Similar concerns about running back and forth to the distillery during shelter in place led Jackie Moore of Humboldt Craft Spirits, maker of Blue Lake Vodka, along with gin, rye and a chocolate liqueur, to halt her micro-batch production of sanitizer. Moore had made a few gallons of sanitizer for Coast Central Credit Union, where her husband is the CFO, but aside from occasional help from family, she's mainly on her own at the Eureka location and has decided to stay at home until the order is lifted.

In Fortuna, Humboldt Distillery, which is coming up on its seventh anniversary making organic vodka and rum, as well as a hemp-infused rum, is pumping out the largest volume of sanitizer from a local spirits producer. "We're constantly dealing with high-proof alcohol," says owner Abe Stevens. "As soon as those regulations were



Humboldt Distillery's hand sanitizer donated in repurposed vodka bottles.

Submitted

changed, we switched gears, put our vodka products on hold and switched to hand sanitizer."

It took some Facebook crowd sourcing to find a stash of hydrogen peroxide from a hydroponic gardening supplier and glycerin, which Eureka's Tickle Soap donated. "We've got a decent volume of high proof alcohol on hand and it takes about a day to make it," says Stevens, and bottling takes about three days. "We're making approximately 250 gallons per batch." The Fortuna Fire Department got a few cases, some of which came in relabeled 1-liter vodka bottles. The fire department will distribute the donated sanitizer to essential workers south of College of the Redwoods, while the Humboldt County Office of Emergency Services will share the wealth north of the college.

Stevens says demand for craft spirits has slowed with restaurant and bar closures, so he's not falling behind in production. "Fortunately, our facility is almost 7,000 square feet so we're able to maintain appropriate social distance" he says, explaining that he has six or seven people working there on a given day, so he feels producing the sanitizer is safe for him and his employees. He's hopeful what they're able to churn out will make a dent in the need.

When he first posted on social media that Humboldt Distillery was making sanitizer, "the number of inquiries we got was sobering." He's also hoping people remember the best thing they can do to prevent the spread of COVID-19 is to wash their hands.

"Hand sanitizer," he says, "isn't a substitute for good old soap and water."

Jennifer Fumiko Cahill is the arts and features editor at the Journal and prefers she/her. Reach her at 442-1400, extension 320, or jennifer@northcoastjournal.com. Follow her on Twitter @JFumikoCahill.

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Calendar

March 26 – April 2, 2020

Community Bulletin Board

Redwood National and State Parks announced on March 28 that all parking areas are closed to vehicles in order to slow the spread of COVID-19. In addition, Davison Road, Howland Hill Road and the Newton B. Drury Parkway are closed to vehicles. Coastal Drive and Bald Hills Road remain open. The parks remain open to day-use walkers, hikers and bicyclists. Visitors should be prepared to practice leave no trace principles — including pack-in and pack-out — to keep outdoor spaces safe and healthy. Most facilities are closed, including campgrounds, visitor centers, day use areas and restrooms.

Mad River Community Hospital announced that members of the Facebook Group Humboldt Coronavirus Mask Makers delivered over 100 locally sewn masks to the hospital On March 25. The group was started to help connect makers with facilities in need of homemade personal protective equipment. Donations of PPE can be made at Mad River's main hospital entrance Monday through Friday, noon to 2 p.m. Facilities in need of masks can reach out to the Facebook group Humboldt Coronavirus Mask Makers for donations.

NCJ's arts and features editor Jennifer Fumiko Cahill hosts **NCJ Cabin Fever Coffee Klatch on Thursday, April 2 at 2 p.m. Online** (<https://us04web.zoom.us/j/961015381>). Log on with your friends and neighbors, and take a break from freaking out with a lighthearted chat about lockdown life, Netflix-based panic management and how the hell we're getting through this. Bring a mug. No one cares what's really in it.



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Sheltering in place is affording many of us the time and mindset to devote to things we love in times of leisure. Like sitting back and listening to an entire album or going down a YouTube rabbit hole of favorite country songs from the '90s (RIP, Kenny Rogers and Joe Diffie). How about spending an hour or so with the sweet *leo ki`eki`e* (falsetto) and baritone voice of Hawaiian slack key master and singer **Led Kaapana on Live from The Old Steeple**. Tune in **Saturday, April 4 at 8 p.m.** and **Sunday, April 5 at 11 p.m.** on **KEET TV, Channel 13**.



Submitted

KEET has always done great work in the community. Now to help schoolkids and the parents/educators/guardians homeschooling them and keeping them from bouncing off the walls, **KEET** is launching the **KEET World Channel (channel 13.5, Suddenlink channel 136)**, in partnership with PBS Learning Media. Kids can tune in **weekdays from 9 a.m. to 2 p.m.** for an “at-home learning block” with related content from PBS Learning Media, a free online service of thousands of educational resources at www.pbslearningmedia.org.



Submitted

City of Arcata announcements: Since the county and state COVID-19 shelter-in-place orders, the city of Arcata has experienced a high volume of visitors at outdoor recreation areas including playgrounds, the Arcata Skate Park, the Arcata Community Forest and the Arcata Marsh and Wildlife Sanctuary. The city's press release states: “To protect the health and safety of the community, all city playgrounds and the Arcata Skate Park have been temporarily closed due to the risk they pose for spreading the virus.” The city encourages outdoor activities allowed by shelter-in-place orders like walks or bike rides, but asks residents to do so as close to home as possible. The Arcata Community Forest and the Arcata Marsh and Wildlife Sanctuary, as well as city trails, remain open “as long as they are deemed safe for public use.”

To minimize the impacts of COVID-19 on Arcata trail and park users, community members are strongly encouraged to follow these recommended guidelines: • Do not go for walks or bike rides with people outside of your household, this defeats the purpose of social distancing. • Do not use tennis courts or basketball courts at city parks with people outside of your household, this also defeats the purpose of social distancing. • Seniors age 65 and over and community members with underlying health conditions are advised to stay home. • Stay at home if you have any allergy, cold or flu-like symptoms. • Wash your hands before and after you go outdoors for exercise and carry hand sanitizer if possible. • Walk or ride your bike to the forest or marsh to avoid congregating in parking lots. • Maintain a 6- to 8-foot distance from people outside of your household when you leave your home and at all recreation areas. • Bring your own water and keep in mind that public restrooms are closed. • Please remember to pick up after your pets and to pack out your trash.

The city of Arcata also sent out a press release encouraging residents to learn more about **food storage** in order to prevent food waste during the COVID-19 pandemic. Visit www.savethefood.com/storage to find an interactive food storage guide with tips and information on how to keep food fresh for as long as possible.

Resources for Kids

From **Humboldt County Department of Health and Human Services:** Redwood Edventures has outdoor activity ideas — just make sure you and the children maintain a 6-foot distance from other people. Visit www.redwood-edventures.org/students-games.php.

Check out the following links on how to start a garden and backyard activities for children: www.treehugger.com/lawn-garden/diy-seed-pots-common-household-items-starting-seeds-indoors.html and www.naturespath.com.

From **Humboldt County Office of Education:**

Create CA offers vital resources highlighting the power of art to heal with its #CreateAtHome campaign. Get resources for parents, teachers and students, including at-home creative lessons, at www.artsintegration.net/CreateAtHome.

REVISED — Free Meal Days and Bus Routes for Eureka City Schools: Beginning Monday, March 30, Eureka City Schools is changing its schedule for picking up meals at school sites, as well as the routes and times of meal delivery via buses. Breakfasts and lunches will continue to be distributed at Alice Birney, Lafayette, Grant and Washington elementary schools, as well as at Eureka High School. Rather than providing this service each weekday, on-site meal pick-up will be provided on Monday, Wednesday and Friday. Two days' worth of meals will be provided on Mondays and Wednesdays. Pick-up times will remain 11 a.m. to 1 p.m. The bus meal delivery service will also move to a Monday, Wednesday and Friday schedule, providing two days' worth of meals on Mondays and Wednesdays. However, the bus routes will begin an hour later than the current schedule, with the first stop of the day at approximately 8 a.m. Please refer to the Eureka City Schools website for specific times. As a reminder, all children ages 18 and under are eligible to receive breakfast and lunch meals. Please note children don't need to be present at the bus stop or school site for ECS to provide them meals.

Homeschooling Facebook group has experienced homeschoolers who can support friends and neighbors who may be homeschooling temporarily during the coronavirus pandemic. www.facebook.com/groups/temphomeschoolers.

MIND Institute Research is offering no-cost access to a math instructional program for students in grades K-8. Free through June 30. www.stmath.com/coronavirus.

Scholastic magazine offers free, online learning experiences for kids of all ages. www.classroommagazines.scholastic.com/support/learnathome. **Autism Focused Intervention Resources & Modules (AFIRM)** offers a COVID-19 Toolkit with free resources for supporting children and youth with ASD during uncertain times. Topics include COVID-19, social narratives, hand washing task analysis and calming strategies. www.afirm.fpg.unc.edu.

From the **KEET Facebook** page: Enter the Create Crafts Challenge for prizes and a chance to get your own online crafting show. For details go to www.CreateTV.com/challenge.

Fender is offering three months of free guitar lessons to the first 500,000 who sign up. To sign up, go to the www.try.fender.com/play/play-through.

Reminders

Eureka's April 4 Arts Alive! event is canceled.

The Humboldt County Animal Shelter will be closed to the public until the shelter-in-place order is lifted, though staff will still be feeding and caring for the animals. If your pet is impounded at the shelter during this time, please call 840-9132 to make pick-up arrangements and leave a message and your call will be returned. Office staff will be answering calls at the shelter Monday through Friday from 8 a.m. to 4:30 p.m.

Ferndale Repertory Theatre Scholarship Extension. Graduating high school seniors interested in pursuing a career in the performing arts can apply for the 30th annual \$500 scholarship by April 17. All applicants must be recommended by their drama or English teacher, have a 3.5 or better GPA, and have expressed a continuing desire to pursue the arts through participation with high school and community arts organizations. Applications at www.ferndalerep.org/educate/scholarship, or by calling 786-5483.

Get Help/Give Help

Humboldt County Property Tax Waiver. After April 10, tax collectors will begin the process of waiving late payment penalties based on reasonable cause and individual circumstances including illness or quarantine as a result of the COVID-19 crisis. After April 10, information on applying for penalty waivers will be posted at www.humboldtgov.org/2088/Property-Tax-Information.

To make it easier for **seniors in Southern Humboldt** to remain safely at home during Humboldt County's shelter-in-place order, **SoHum Health's hospital and clinic staff** are calling seniors residing in the area. The purpose of the calls is to offer a wellness check, information on grocery delivery service, prescription refills and delivery, and Telehealth visits with their clinic provider, if needed. Grocery delivery is being coordinated by the Healy Senior Center, in cooperation with local markets and volunteer drivers. Procedures are in place to accept credit cards and the Southern Humboldt Chamber of Commerce is providing face masks to drivers.

Seniors and others who have critical health issues should not wait for a call. Please call SoHum Health's Senior Life Solutions at 922-6321 to speak with a referral coordinator or to leave a message for a callback.

Humboldt Area Foundation and its affiliate the **Wild Rivers Community Foundation** (in Crescent City) have launched the **COVID-19 Regional Response Fund** to address the immediate and emerging needs of the region's most vulnerable residents — from mitigation to eventual recovery from the coronavirus pandemic. The fund was established to collect contributions and provide grants to charitable organizations in Humboldt, Trinity, Del Norte and Curry counties. HAF, with Wild Rivers Community Foundation and the support of foundation partners, The California Endowment and The California Wellness Foundation, committed \$150,000 to seed the fund. Civic groups, individuals and community partners are encouraged to join this regional effort. Contributions can be made by mail, www.hafoundation.org or in person. All contributions are tax-deductible. Grants from the fund will be made on a rolling basis to nonprofits, other charitable organizations and Native Indigenous organizations in Trinity, Humboldt, Del Norte and Curry counties. The fund's initial focus will be on seniors, low-wage families, tribal communities and the nonprofits serving those populations. For more information visit www.hafoundation.org or call 442-2993.

Pacific Gas and Electric Company (PG&E) is implementing a series of billing and service modifications effective immediately to support customers experiencing hardships as a result of the COVID-19 pandemic. PG&E will: Suspend service disconnections for non-payment and waive new service deposit requirements for residential and small business; implement flexible payment plan options; and provide additional support for low-income and medical baseline customers. Customers can

also take advantage of PG&E's California Alternate Rates for Energy (CARE) Program, the federally funded Low-Income Home Energy Assistance Program (LIHEAP) and some residential customers requiring electricity-powered medical equipment may qualify for Medical Baseline, which is not based on income. For more information, visit www.pge.com/covid19.

Virtual World

NCJ Cabin Fever Coffee Klatch. Thursday, April 2. 2 p.m. Arts and Features Editor Jennifer Fumiko Cahill hosts a light half-hour chat about our strange times. Bring a mug. No one cares what's really in it. Zoom link in the online calendar. Free.

Club Triangle Streaming Saturdays. Saturdays. Virtual World, Online. Weekly online queer variety show. Submissions accepted daily then shared on Streaming Saturdays all day. Post your art on social media and tag @clubtriangle. #coronoshesbettadont. www.instagram.com/clubtriangle. www.facebook.com/clubtriangle707. Free.

Daybreaker LIVE. Saturday, April 4, 9:30 a.m. Virtual World, Online. A global spring break dance party. \$15. www.eventbrite.com/e/daybreaker-live-spring-break-house-party-tickets-100798472946?aff=ebdsorderfbbutton.

Cultural, Historical and Scientific Collections You Can Explore Online. Ongoing. Virtual World, Online. Tour world-class museums, read historic cookbooks, browse interactive maps and more. Visit www.smithsonianmag.com/smart-news/68-cultural-historical-and-scientific-collections-you-can-explore-online-180974475. Free.

Free Virtual Field Trips. Ongoing. Virtual World, On-

line. For kids (and grown-ups, too!) Visit the Great Wall of China, Anne Frank House, Monterey Bay Aquarium, International Space Station, the Louvre Museum and more. www.freedomhomeschooling.com/virtual-field-trips. Free.

Gardens You Can Virtually Tour. Ongoing. Virtual World, Online. From Claude Monet's garden in France to the Hawaii Tropical Botanical Garden to Waddesdon Manor in England. Visit www.house-beautiful.com/lifestyle/gardening/g31746949/gardens-you-can-virtually-tour. Free.

Buckingham Palace, Mount Vernon and More Historic Homes You Can Virtually Tour. Ongoing. Virtual World, Online. Enjoy the stunning architecture and interior design of many significant homes from the comfort of your own couch. Go to www.housebeautiful.com/design-inspiration/g31677125/historic-homes-you-can-virtually-tour. Free.

San Diego Zoo Kids. Ongoing. Virtual World, Online. Zoo videos, activities and games. www.kids.sandiegozoo.org. Free.

Yellowstone National Park Virtual Field Trip. Ongoing. Virtual World, Online. Explore Mud Volcano, Mammoth Hot Springs and more. www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm. Free.

Explore Mars. Ongoing. Virtual World, Online. Explore the surface of Mars on the *Curiosity* rover. www.accessmars.withgoogle.com. Free.

Boston Children's Museum Walk-through Tour. Ongoing. Virtual World, Online. See the fun, educational exhibits from your couch. Free. www.bostonchildrensmuseum.org/museum-virtual-tour.

Monterey Bay Aquarium Live Cams. Ongoing. Virtual World, Online. View different live cams of Monterey Bay Aquarium exhibits. www.montereybayaquarium.org/animals/live-cams. Free.

NASA Space Center's Hubble Space Telescope. Ongoing. Virtual World, Online. Take a virtual tour of NASA Space Center's Hubble Space Telescope. www.nasa.gov/content/goddard/hubble-360-degree-virtual-tour. Free.

Road Dahl Museum Read Along. Ongoing. Virtual World, Online. Fun and engaging resources for educators, parents and kids. www.roaddahlmuseum.com/things-to-do-indoors. Free.

Zumba Live with Tigger. Tuesdays, 5:30 p.m. and Thursdays, 5:30 p.m. Virtual World, Online. Via Facebook Live and Zoom. Find Tigger Bouncer Custodio on Facebook for details.

The Social Distancing Festival. Virtual World, Online. A site for celebrating art from all over the world. Tune in for live streams of music, theater, storytelling, performance art and more. www.socialdistancingfestival.com. Free.

The Royal Opera House Free Streaming Opera/Ballet. Fri., March 27, noon. Virtual World, Online. Tune in to The Royal Opera House of London's Facebook page or YouTube channel and bring a program of high art into your living room: March 27, *Peter and the Wolf* (Royal Ballet, 2010); April 3, *Acis and Galatea* (Royal Opera, 2009); April 10, *Così fan tutte* (Royal Opera, 2010); April 17, *The Metamorphosis* (Royal Ballet, 2013). Free.

Quarantine Sing-a-long. Ongoing, 7 p.m. Virtual World, Online. A Facebook group to join if you like fun group singing. Song of the day posted at 3 p.m. PST, singing starts at 7 p.m. PST. www.facebook.com/groups/quarantinesingalong. Free.

Winchester Mystery House Virtual Tour. Virtual World, Online. An exploration of the famously

spooky home while it's closed for the COVID-19 pandemic. Follow Winchester Mystery House's Facebook page for the next opportunity to tune in for a walkthrough of the house, which will stream on select days at 1 p.m. Free. www.winchestermysteryhouse.com/video-tour.

Drag Queen Story Hour. Virtual World, Online. Glitter, wigs and stories for the kids. Visit www.facebook.com/pg/dragqueenstoryhour/events to see who's reading when and hear a fabulous story. Free.

Virtual Marine Camp for Kids. Mondays, 11 a.m. Virtual World, Online. Seattle-based Oceans Initiative marine biologists and parents Erin Ashe and Rob Williams livestream Mondays simultaneously on Instagram and Facebook. No need to sign up. Just like and follow their pages, and they'll "see" you Mondays at 11 a.m. Free. [@OceansInitiative](http://www.facebook.com/OceansInitiative), www.oceansinitiative.org/blog.

Socially Distant Fest. Another Facebook group for virtual connection and entertainment with 57,000 members and growing. From the group's "About" page: "This group has been created to bring some entertainment to those of us that are isolated/quarantined or distanced socially because of the COVID19 pandemic. We welcome performers of all backgrounds (musicians, poets, puppeteers, fire spinners, etc.) to share their talents with us! We will have a showcase every Sunday." Email howdy@sociallydistantfest.com to perform. Find it at www.facebook.com/groups/sociallydistantfest.

Goodnight with Dolly. Thursdays, 4 p.m. through June 4. Virtual World, Online. Dolly Parton will read a book carefully chosen for appropriate content from the Dolly Parton's Imagination Library. Free. www.facebook.com/dollysimaginationlibrary. ●



Humboldt Flea Market
SUN., APRIL 5
HAS BEEN CANCELLED!

Stay tuned for future openings of Humboldt Flea Markets this spring/summer. Stay well.

707.616.9920
thehumboldtmarket@gmail.com

Primary Care Doctors for the North Coast

North Coast Naturopathic Medicine

1727 Central Ave, McKinleyville, CA • (707) 840-0556 • www.ncnatmed.com



We are continuing to see our patients; all appointments are being done via phone consult or webcam to ensure that you will not be at risk for exposure to coronavirus.

We are especially concerned for our chronically ill patients during this time of increased risk and encourage them to call the office to schedule a phone consult.



Dr. Miriam Peachy, ND

Dr. Deborah Anqersbach, ND

Please call North Coast Naturopathic Medicine at **707-840-0556** or visit ncnatmed.com to find out how you can support your immune system and stay healthy during this time.

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40th Anniversary

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- LOG SPLITTERS
- WATER PUMPS

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NCJ BEST OF HUMBOLDT 2019

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CROSSWORD by David Levinson Wilk

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BUDWEISER • ANSWERS NEXT WEEK!

ACROSS

- Org. implicated in the Snowden leaks
- Shutterbug's setting
- Before it merged with Exxon, its tagline could have been "You can't spell [this answer] without [circled letters]"
- Take part in an auction
- Site of some Chicago touchdowns
- Chilling
- Lumberjack's tool
- Florida senator Marco
- Verbally
- Hasbro brand whose tagline could be "You can't spell [this answer] without [circled letters]"
- Inner tube?
- Blinking and sweating, in poker
- Assumed name lead-in
- Amounts to fry
- Entered gradually
- Spanish Mrs.
- Whole bunch
- Lakshmi of "Top Chef"
- Anheuser-Busch brand whose tagline could be "You can't spell [this answer] without [circled letters]"
- Gender-neutral possessive
- One poker chip, perhaps
- ___ mai (Asian dumplings)
- Like some diets
- Moves a little unsteadily
- Animal seen on every carton of Ben & Jerry's ice cream
- Duck with soft feathers
- Symbol gotten on a PC by typing CTRL + ALT + E
- Food brand whose tagline could be
- "You can't spell [this answer] without [circled letters]"
- Novelist Joyce Carol
- Outside the city
- Part of a tuba's sound
- Choreographer Twyla
- Stick out like ___ thumb
- Brian who composed "The Microsoft Sound," which, ironically, he wrote on a Mac
- Toyota model whose tagline could be "You can't spell [this answer] without [circled letters]"
- Choreographer Cunningham
- ___ Jones industrial average
- Like a U.S. senate term
- Legendary soprano ___ Patti
- Defense in a snowball fight
- Went back and forth
- Woodworking tool
- Bay window
- Like Beethoven's
- Reaction to a bad pun
- The first "O" in YOLO
- A few lines on one's Twitter profile, say
- Post-OR destination
- Played the first card
- Like Beethoven's "Pastoral Symphony"
- Costa Rica's ___ Peninsula
- Tack (on)
- Most common Korean surname
- Santa ___ winds
- "Star Trek" officer who famously kissed Kirk in 1968
- ___ demon
- Listen here!
- Fried rice legume
- Wite-Out seller
- Common way to exit a haunted house
- Curve with rising action
- "No Scrubs" singers
- "Yoo-___!"
- "Barf!"
- Ate noisily, as soup
- Familia member
- Morale-boosting mil. event
- Kind of room or center
- Style of yoga in a heated room
- Org. in "Breaking Bad"
- Put out, as a fire
- Frau's mister
- Kid's game with a rhyming name
- Get out of Dodge
- Like Benadryl: Abbr.
- "I have an idea!"
- Scot's headwear

LAST WEEK'S ANSWERS TO BLAH BLAH

A	P	B		P	A	B	S	T		K	O	O	K	Y	
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© Puzzles by Pappocom HARD #14

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WORKSHOPS & CLASSES

List your class – just \$4 per line per issue! Deadline: Friday, 5pm.

Place your online ad at classified.northcoastjournal.com or e-mail: classified@northcoastjournal.com

Listings must be paid in advance by check, cash or Visa/MasterCard.
Many classes require pre-registration.

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REDWOOD RAKS WORLD DANCE STUDIO, OLD CREAMERY IN ARCATA. Belly Dance, Swing, Tango, Hip Hop, Zumba, African, Samba, Capoeira and more for all ages. (707) 616-6876 www.redwoodraks.com (D-1231)

STEEL DRUM CLASSES. Weekly Beginning Class: Level 2 Beginners Class Fri's. 11:15a.m.-12:45p.m. Beginners Mon's 7:00p.m.-8:00p.m. Pan Arts Network 1049 Samoa Blvd. Suite C (707) 407-8998. panartsnetwork.com (DMT-1231)

Fitness

SUN YI'S ACADEMY OF TAE KWON DO. Classes for kids & adults, child care, fitness gym & more. Tae Kwon Do Mon-Fri 5-6 p.m., 6-7 p.m., Sat 10-11 a.m. Come watch or join a class, 1215 Giuntoli Lane, or visit www.sunyisarcata.com, 825-0182. (F-1231)

50 and Better

OSHER LIFELONG LEARNING INSTITUTE (OLLI). Classes interrupted, but lifelong learning continues. Find opportunities to connect @HSUOLLI (707) 826-5880 or email to olli@humboldt.edu. Find us on facebook.com/HSUOLLI (O-1231)

Spiritual

EVOLUTIONARY TAROT Ongoing classes, private mentorships and readings. Carolyn Ayres. 442-4240 www.tarotofbecoming.com carolyn@tarotofbecoming.com (S-1231)

LIFE WITHOUT LIMITS

Sequoia Conference Center
May 15th 16th 17th
DavidSandercott.com

SOTO ZEN MEDITATION Sunday programs and weekday meditation in Arcata locations; Wed evenings in Eureka, arcatazengroup.org Beginners welcome, call for orientation. (707) 826-1701 (S-1231)

Therapy & Support

ALCOHOLICS ANONYMOUS. We can help 24/7, call toll free 1-844 442-0711. (T-1231)

SEX/ PORN DAMAGING YOUR LIFE & RELATIONSHIPS? Confidential help is available. 707-825-0920, saahumboldt@yahoo.com (T-1231)

FREE DEPRESSION SUPPORT GROUP. Feeling hopeless? Free, non-religious, drop-in peer group for people experiencing depression/anxiety. UMCJH 144 Central Ave, McK 839-5691 (T-0430)

SMART ON ZOOM 707 267 7868. (T-0423)

SMOKING POT? WANT TO STOP? www.marijuana-anonymous.org (T-1231)

Wellness

DANDELION HERBAL CENTER CLASSES WITH JANE BOTHWELL. Herbal & Traditional Healing in Greece with Thea Parikos. May 22 - June 2, 2020. Discover the beauty, aromas, traditional and modern uses of many medicinal plants on this amazing journey of learning to the Aegean island of Ikaria. Beginning with Herbs. Sept 16 -Nov 4, 2020, 8 Wed. evenings. Learn medicine making, herbal first aid, and herbs for common imbalances. 10-Month Herbal Studies Program. Feb - Nov 2021. Meets one weekend per month with three camping trips. Learn in-depth material medica, plant identification, flower essences, wild foods, formulations and harvesting. Register online www.dandelionherb.com or call (707) 442-8157. (W-0507)

OBITUARIES

Kenneth F. “Joe” Patmore

Kenneth F. “Joe” Patmore, much loved husband of Linda, best dad ever to Lori, Karen, and Neal, and big brother to Jim, passed away March 21, 2020, at age 89. He is survived by numerous family and friends, and was loved by them all. He will be greatly missed. A celebration of life will be held later this year.

LEGAL NOTICES

Citation to Parent In and for the Superior Court of California County of Humboldt In the matter of the adoption petition of Brandy Pancoast, Adopting Parent Case number AD2000013
TO: CHELSEY ISREAL.

By order of this court you are hereby advised that you may appear before the judge presiding in Department 6 of this court on 4/28/2020 at 8:30am then and there to show cause, if any you have, why Payten Maire Pancoast and Richard Lee Pancoast, III, should not be declared free from your custody and control for the purpose of freeing Payten Maire Pancoast and Richard Lee Pancoast, III for placement for adoption. The following information concerns rights and procedures that relate this proceeding for termination of custody and control of said minor as set forth in Family Code Section 7860 et seq.:

1. At the beginning of the proceeding the court will consider whether or not the interests of the minor children require the appointment of counsel. If the court finds that the interests of the minor do require such protection, the court will appoint counsel to represent them, whether or not they are able to afford counsel. The minor will not be present in court unless the court so orders.
2. If a parent of the minor appears without counsel and is unable to afford counsel, the court must appoint counsel for the parent, unless the parent knowingly and intelligently waives the right to be represented by counsel. The court will not appoint the same counsel to represent both the minor and his parent.
3. The court may appoint private counsel. If private counsel is appointed, he or she will receive a reasonable sum for compensation and expenses, the amount of which will be determined by the court. That amount must be paid by the real parties in interest, but not by the minor, in such proportions as the court believes to be just. If, however, the court finds that any of the real parties in interest cannot afford counsel, the amount will be paid by the County.
4. The court may continue the proceeding for not more than thirty (30) days as necessary to appoint counsel to become acquainted with the case.

DATED: March 2, 2020

Katrina W, Clerk
KIM M. BARTLESON
By: Katrina W

3/19, 3/26, 4/2, 4/9 (20-092)

FICTITIOUS BUSINESS NAME STATEMENT 20-00106
The following person is doing Business as
THE HUMBOLDT COUNTY COLLECTIVE

Humboldt
1670 Myrtle Ave #B
Eureka, CA 95501

My Golden Green Inc.
CA 35 03177
1670 Myrtle Ave #B
Eureka, CA 95501

The business is conducted by a Corporation.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Savannah Snow, Secretary
This February 18, 2020
KELLY E. SANDERS
by sc, Humboldt County Clerk

FICTITIOUS BUSINESS NAME STATEMENT 20-00135

The following person is doing Business as
HUMBOLDT SPICE CO

Humboldt
2275 School St.
Fortuna, CA 95540

PO Box 571
Fortuna, CA 95540

Katie J Edgmon
2275 School St.
Fortuna, CA 95540

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to

Continued on next page »

Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Katie J. Edgmon, Owner
This March 5, 2020
KELLY E. SANDERS
by kt, Humboldt County Clerk

3/12, 3/19, 3/26, 4/2 (20-083)

FICTITIOUS BUSINESS NAME STATEMENT 20-00147

The following person is doing Business as
HUMBOLDT COUNTY CHILDREN'S AUTHOR FESTIVAL

Humboldt
1313 3rd Street
Eureka, CA 95501

PO Box 6089
Eureka, CA 95502

Friends of the Redwood Library
CA 0502609
1313 3rd Street
Eureka, CA 95501

The business is conducted by a Corporation.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Anne J. Hartline, Secretary
This March 12, 2020
KELLY E. SANDERS
by sc, Humboldt County Clerk

3/19, 3/26, 4/2, 4/9 (20-090)



ADVERTISEMENT FOR BIDS

Separate sealed bids will be received to provide all labor, materials, equipment, and testing for the City of Trinidad's Trinity Street Mid-Block Crosswalk Enhancement Project in Trinidad, California. The project includes but is not limited to providing and installing solar-powered, wireless, rectangular rapid flashing beacon (RRFB) sign systems.

Bids will be received at the office of GHD Inc., located at 718 Third Street, Eureka, California 95501, until 2:00 pm April 10, 2020 at which time they will be publicly opened and read aloud.

To bid on this project, contractors must hold one of the following contractor's licenses: C-10 Electrical, C-45 Sign Contractor or Class "A" General Engineering. This is a public works project so all bidders must be registered with the Department of Industrial Relations (DIR) and pay the prevailing wage rates (this includes, travel, subsistence, holiday pay, designated days off and overtime) determined by the Director of the DIR according to the type of work and location.

Copies of the Contract Documents may be obtained at the office of GHD Inc. at 718 Third Street, Eureka CA, 95501, or may be requested via email from josh.wolf@ghd.com, or (707) 267-2264.

NOTICE INVITING BIDS

- 1. Bid Submission.** The City of Fortuna ("City") will accept electronically submitted bids for its Jameson Creek Fish Passage Improvement Project ("Project"), by or before April 29 2020, at 2:00 p.m., via email in the manner set forth in Section 1 of the Instructions to Bidders, at which time the bids will be opened and the results will be posted on the City's website at: <https://friendlyfortuna.com/CivicAlerts.aspx?CID=6>.
- 2. Project Information.**
- 2.1 Location and Description.** The Project is located at the Jameson Creek crossing at Rohnerville Road, between Loop Road and Kenwood Road. The project limits extend approximately 150 feet upstream and downstream of the crossing.
- The work generally includes excavation (40 feet below roadway surface), hauling, stockpiling and disposal of the roadway embankment and stream channel; support/bypass of existing water and sewer utilities during construction to maintain service; replacement of the existing culvert with a precast concrete culvert 12 foot high by 14 foot wide by 125 feet long (to be furnished by the City); approximately 400 feet of rock roughened channel (engineered streambed material); storm drain infrastructure including pipes and ac dikes; replacement of water and sewer lines; reconstruction of roadway, curb and gutter, and sidewalk; and erosion control, seed and straw mulch, plant procurement and installation.
- 2.2 Time for Completion.** The Project must be completed within 160 calendar days from the start date set forth in the Notice to Proceed. City anticipates that the Work will begin on or about June 8th 2020, but the anticipated start date is provided solely for convenience and is neither certain nor binding. In-stream work is limited by project permits to the period of June 15 to October 15. An additional 7 calendar days will be provided for plant installation between December 1 and January 31.
- 2.3 Estimated Cost.** The estimated construction cost is \$1,800,000 (does not include procurement of precast culvert, to be provided by City).
- 3. License and Registration Requirements.**
- 3.1 License.** This Project requires a valid California contractor's license for the following classification(s): Class A General Engineering.
- 3.2 DIR Registration.** City may not accept a Bid Proposal from or enter into the Contract with a bidder, without proof that the bidder is registered with the California Department of Industrial Relations ("DIR") to perform public work pursuant to Labor Code § 1725.5, subject to limited legal exceptions.
- 4. Contract Documents.** The plans, specifications, bid forms and contract documents for the Project, and any addenda thereto ("Contract Documents") may be downloaded from City's website located at: <http://friendly-fortuna.com> or by contacting brett.vivyan@ghd.com. A printed copy of the Contract Documents are not available. Contact brett.vivyan@ghd.com for additional options to obtain electronic copies.
- 5. Bid Security.** The Bid Proposal must be accompanied by bid security of ten percent of the maximum bid amount, in the form of a cashier's or certified check made payable to City, or a bid bond executed by a surety licensed to do business in the State of California on the Bid Bond form included with the Contract Documents. The bid security must guarantee that within ten days after City issues the Notice of Potential Award, the successful bidder will execute the Contract and submit the payment and performance bonds, insurance certificates and endorsements, and any other submittals required by the Contract Documents and as specified in the Notice of Potential Award.
- 6. Prevailing Wage Requirements.**
- 6.1 General.** Pursuant to California Labor Code § 1720 et seq., this Project is subject to the prevailing wage requirements applicable to the locality in which the Work is to be performed for each craft, classification or type of worker needed to perform the Work, including employer payments for health and welfare, pension, vacation, apprenticeship and similar purposes.
- 6.2 Rates.** These prevailing rates are on file with the City and are available online at <http://www.dir.ca.gov/DLSR>. Each Contractor and Subcontractor must pay no less than the specified rates to all workers employed to work on the Project. The schedule of per diem wages is based upon a working day of eight hours. The rate for holiday and overtime work must be at least time and one-half.
- 6.3 Compliance.** The Contract will be subject to compliance monitoring and enforcement by the DIR, under Labor Code § 1771.4.
- 7. Performance and Payment Bonds.** The successful bidder will be required to provide performance and payment bonds, each for 100% of the Contract Price, as further specified in the Contract Documents.
- 8. Substitution of Securities.** Substitution of appropriate securities in lieu of retention amounts from progress payments is permitted under Public Contract Code § 22300.
- 9. Subcontractor List.** Each Subcontractor must be registered with the DIR to perform work on public projects. Each bidder must submit a completed Subcontractor List form with its Bid Proposal, including the name, location of the place of business, California contractor license number, DIR registration number, and percentage of the Work to be performed (based on the base bid price) for each Subcontractor that will perform Work or service or fabricate or install Work for the prime contractor in excess of one-half of 1% of the bid price, using the Subcontractor List form included with the Contract Documents.
- 10. Instructions to Bidders.** All bidders should carefully review the Instructions to Bidders for more detailed information before submitting a Bid Proposal. The definitions provided in Article 1 of the General Conditions apply to all of the Contract Documents, as defined therein, including this Notice Inviting Bids.
- 11. Bidders' Conference.** A bidders' conference will be held on Thursday April 16th, 2020 at 1:00 p.m., at the following location: Beginning at Fortuna City Hall located at 621 11th Street, Fortuna, California, to acquaint all prospective bidders with the Contract Documents and the Worksite. The bidders' conference is not mandatory.
- By: Siana Emmons, City Clerk Publication Date: April 2, 2020

FICTITIOUS BUSINESS NAME STATEMENT 20-00152

The following person is doing Business as
FOOT LOGIC

Humboldt
5000 Valley West Blvd Ste #3
Arcata, CA 95521

315 F St
Eureka, CA 95501

Ye tong Dong
296 S St
Eureka, CA 95501

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Ye tong Dong, Owner
This March 13, 2020
KELLY E. SANDERS
by sc, Humboldt County Clerk

3/19, 3/26, 4/2, 4/9 (20-089)

FICTITIOUS BUSINESS NAME STATEMENT 20-00153

The following person is doing Business as
BLOOM CHIROPRACTIC

Humboldt
2803 E St
Eureka, CA 95501

Eileen F Hackworth
2858 Polecat Ridge Ln
Eureka, CA 95503

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Eileen Hackworth, DC, sole owner
This March 12, 2020
KELLY E. SANDERS
by sc, Humboldt County Clerk

4/2, 4/9, 4/16, 4/23 (20-097)

LEGALS?
classified@north
coastjournal.com
442-1400 x314

FICTITIOUS BUSINESS NAME STATEMENT 20-00142

The following person is doing Business as
SUNNYSIDE UP THRIFT ART

Humboldt
1184 Spear Avenue
Arcata, CA 95521

Seyide S Ozruh
1184 Spear Avenue
Arcata, CA 95521

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Seyide S Ozruh
This March 9, 2020
KELLY E. SANDERS
by sc, Humboldt County Clerk

3/12, 3/19, 3/26, 4/2 (20-084)

FICTITIOUS BUSINESS NAME STATEMENT 20-00155

The following person is doing Business as
AUTHORITY SCRIBE

Humboldt
1922 B Street
Eureka, CA 95501

Auroriele B Hans
1922 B Street
Eureka, CA 95501

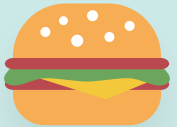
The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Auroriele Hans, Owner
This March 15, 2020
KELLY E. SANDERS
by tn, Humboldt County Clerk

3/19, 3/26, 4/2, 4/9 (20-093)

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Part Time position, 24 hours a week. Provide support to
the Human Resources Director. Job duties include, but not
limited to: Maintain confidential personnel files and personnel
actions, assist the HRD with HR projects, provide clerical
and operational support to the HR dept., assist with benefit
enrollment, maintain online Learning Management System,
and interact with and provide information to job applicants,
employees, department heads, and other agencies.

High school diploma or equivalent required. Two years of
experience working in human resources, office administration,
or closely related field strongly preferred. Must possess strong
office administration skills and be proficient in Microsoft
products. Must be proficient in reading and writing in English.

RERRERALS COORDINATOR

Full-time position Monday to Friday in our outpatient Rural
Health Clinic. Responsibilities include excellent customer
service, obtaining authorization for patient services, processing
referrals, communicating with patients, managing incoming
medical records, and verifying provider documentation and
fees with daily patient census. Effective computer, software,
and phone skills required. Minimum one year experience
in medical office or healthcare facility highly preferred.

**LICENSED VOCATIONAL NURSE –
CLINIC & HOME VISITS**

Full Time position, 8 or 10 hr. shifts, 4 or 5 days a week,
Monday - Friday. Current California LVN license and BLS
certification required. Work 8 or 10 -hour shifts in our
outpatient Rural Health Clinic and at patient homes.

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916.798.2107

We want to take a moment to express our support and well wishes to our community during this difficult time. We are committed to taking every necessary precaution to help keep all of our clients, agents, and staff healthy and well. Although our physical office is closed, we are still "Open For Business" remotely and are accessible via phone and email.

Sincerely,
THE LAND MAN OFFICE



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WILLOW CREEK – HOME ON ACREAGE - \$335,000
±.45 Acres with 3/2 home in sunny Willow Creek! Property features redwood decks, on-demand water, and detached garage with guest room!

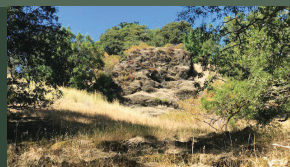


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BERRY SUMMIT – LAND/PROPERTY - \$350,000
±160 Acres of secluded, heavily wooded property featuring multiple outbuildings, and Cedar Creek on site.



DOUGLAS CITY – HOME ON ACREAGE - \$385,000

±124 Acres overlooking Reading Creek! Easy access, year round creek (with fish), and an unfinished 3/2 house!



NEW LISTING!

RIO DELL – LAND/PROPERTY - \$399,000

±14 Acres in Rio Dell! Spring, flat tillable land, and subdivision potential. City lot across the street included in sale. Adjacent parcels also listed for sale.

GARBERVILLE – HOME ON ACREAGE - \$629,000

Gorgeous 3/2, 3000 sqft home on just over an acre in Garberville! This fully fenced property features garden area, swimming pool, large shop, and so much more!

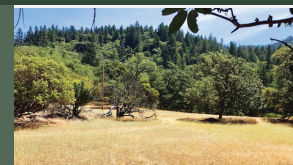


SALMON CREEK – HOME ON ACREAGE - \$749,000

±120 acres w/ three cabins nestled in the hills of Salmon Creek w/orchards, water sources, solar, and much more!

SALYER – LAND/PROPERTY - \$499,000

Beautiful ±50 acre property on the south fork of the Trinity River! Features easy access, a developed spring, and power.

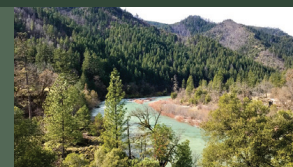


HAWKINS BAR – LAND/PROPERTY - \$99,000

±1.45 Acres in Trinity Village featuring stunning views with flat building sites.

FORKS OF SALMON – LAND/PROPERTY - \$299,000

Versatile ±26.6 acre property featuring Salmon River frontage, offers meadows, well, flat topography, and power to the parcel.



HOOPA – HOME ON ACREAGE - \$199,000

Flat, usable ±.65 parcel, fully fenced, w/ Mill Creek frontage, fruit trees, 2 cabins w/ bath & electric.

BLOCKSBURG – LAND/PROPERTY - \$265,000

±40 Acres with beautiful mountain views, small cabin, and an unfinished 2 bedroom house. Owner may carry.



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±39 Acres featuring privacy, good access, building flats, water, plenty of firewood, wildlife and views. Existing 10k permit sold separately.

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FOR EVERYONE’S SAFETY, PLEASE:

- Avoid making masks if you are sick or think you might be getting sick.
 - Avoid making masks if you have been told you have a multi-drug resistant organism, or if you have any open or draining wounds.
- Keep all face mask materials away from household pets.
 - Be sure the area in which you are working is clean (sanitize all surfaces with a disinfectant) before making masks.
- Be sure to perform hand hygiene before touching mask materials.
 - If you are sharing the community masks you are making with others, masks should be washed before wear.

MATERIALS NEEDED:

- ½ yard of fabric
- 2 strips of fabric:
34" × ¾" if fabric doesn't ravel on edge
or
34" × 1 ½" if fabric does ravel on edge
or
34" long bias tape

TOOLS NEEDED:

- Sewing machine
- Scissors
- Pins
- Ruler
- Thread

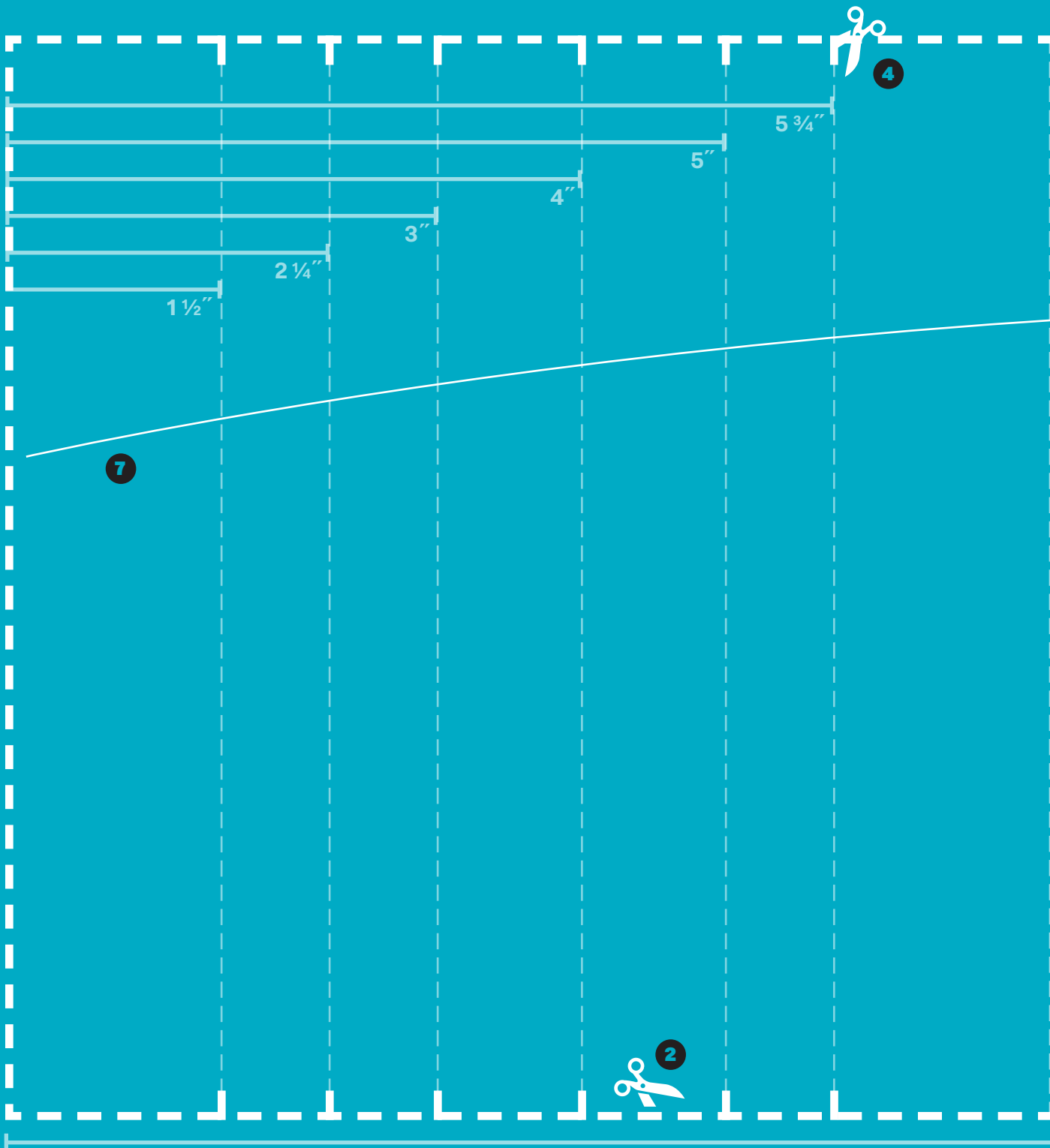


CUTTING THE FABRIC:

1. Wash your hands.
2. Cut out template along bold, dashed line.
3. Using the template as a guide, use a rotary cutter or scissors to cut one piece of fabric to a rectangular size of 14 ½" × 7 ½". This piece will become the body of the mask.

MARKING THE FABRIC:

4. On each long side of the face body, make 12 small (less than ¼") cuts with scissors at the measurement intervals indicated by the template. These cuts are perpendicular to the mask edge and will be used to ensure proper folding and pleating.
5. Starting at the center fold line of the mask body and going down, label or note the six scissor cuts as #1, #2, #3, #4, #5 and #6.



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